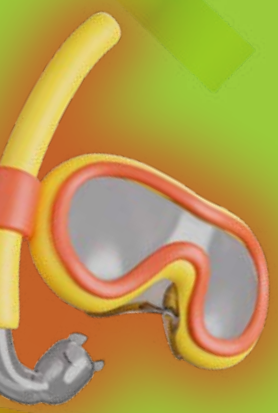


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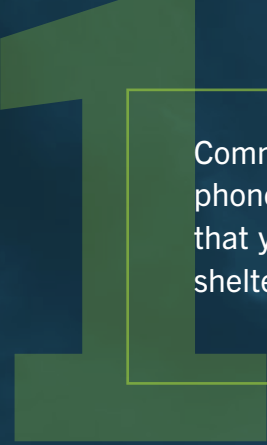
# Raquel's <sup>Top</sup> 5 Tips to Prepare for Hurricane Season

“


*Hurricane season has begun, which means that we all must get busy creating our personal plans to prepare for severe weather.*

As a lifetime resident of Florida, I have seen a wide range of tropical storms and hurricanes. From these experiences, I've created the following five tips that have been helpful to me in planning for storms.



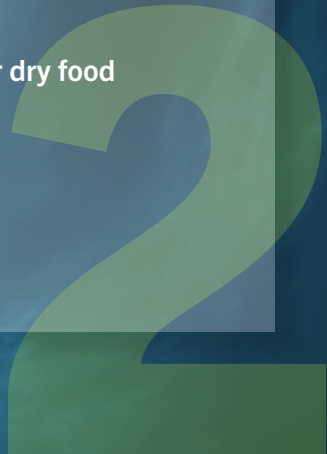



Communicate your plans with family and friends. If your internet or phone services should be interrupted due to a storm, it is important that you let your loved ones know in advance about your plans for sheltering in place, seeking an emergency shelter or identifying evacuation routes should you need to leave the area.

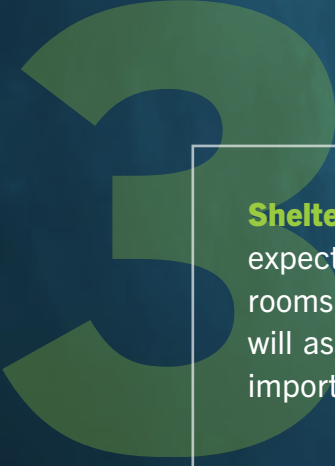


**Prep-Step:** Start building a hurricane kit early! Have you ever gone to the store right before a hurricane? If so, you may have sadly discovered that all the water, batteries, and radios were all sold out. There is no guarantee that such vital supplies will remain in stock as a hurricane approaches, so it is best to buy supplies early. Some important items for your hurricane kit include:

- Several days of food and water supply: Canned food or dry food is preferred
- Batteries, flashlights, and a radio
- First aid kit
- A portable charger for phone and electronics



**Sheltering-in-place or Finding an Emergency Shelter:** On-campus residents can expect to receive guidance from the university on whether they can remain in their rooms, or if they will need to evacuate. If they need to evacuate, the university will assist them through this process. For those students living off-campus, it is important to identify nearby shelters and to also seek safe areas such as garages to park their vehicles.



# 4

**Charge up:** If you must evacuate, be sure to fill up your gas tank within the first two days of a hurricane watch if you have a vehicle. Keeping a small hurricane kit in your car is also ideal. Be sure to charge your computers and cell phones beforehand in case there should be power outages during or after the storm.



**Prep the room:** Here are a couple rules to follow for safety purposes if you need to evacuate:

- Unplug all appliances and move valuables away from breakable windows
- Collect a copy of all important documents (license, birth certificate, financial records, and insurance) and place them in a safe, waterproof folder in case of flooding

# 5

*These five tips have been helpful to me, and I hope that they'll also be useful to you when it comes time to plan for the next big storm! Remember, personal planning helps to reduce feelings of panic or stress, so make sure you have a plan!*

- Raquel Lanzaro,  
Student Experience Leader

# ANTIBIOTIC RESISTANCE

& the importance of

## COMPLETING TREATMENT

Everyone at some point in their lives encounters a bacterial infection and must take a prescribed course of antibiotic treatment.

But what are antibiotics and **why is it so important to complete this treatment even after you feel better?**

It is important to know that bacteria are microorganisms that are mostly single-celled, and these bacteria have a very short life cycle. For a group of organisms to evolve there must be pressure from the environment that benefits mutations in a specific group. By having such a short life cycle and such high reproduction, this causes more genetic changes and mutations to appear. **Antibiotics have the function of killing bacteria.** However, if the process is not completed and a few bacteria survive due to their mutations, they will reproduce and form a new population of bacteria resistant to this specific antibiotic.

Resistance to antibiotics also has a significant impact

on others, as it can be transmitted to those with immunological problems. The bacteria that are transmitted from person-to-person can adapt to different antibiotics, forming the well-known **super bacteria**. Superbugs are bacteria that are resistant to almost all the antibiotics, which can become lethal.

So, now that you know the deadly nature of bacterial resistance to yourself and others, please remember to **complete your treatment** when prescribed antibiotics!

- Miguel Rendon,  
Student Experience Leader

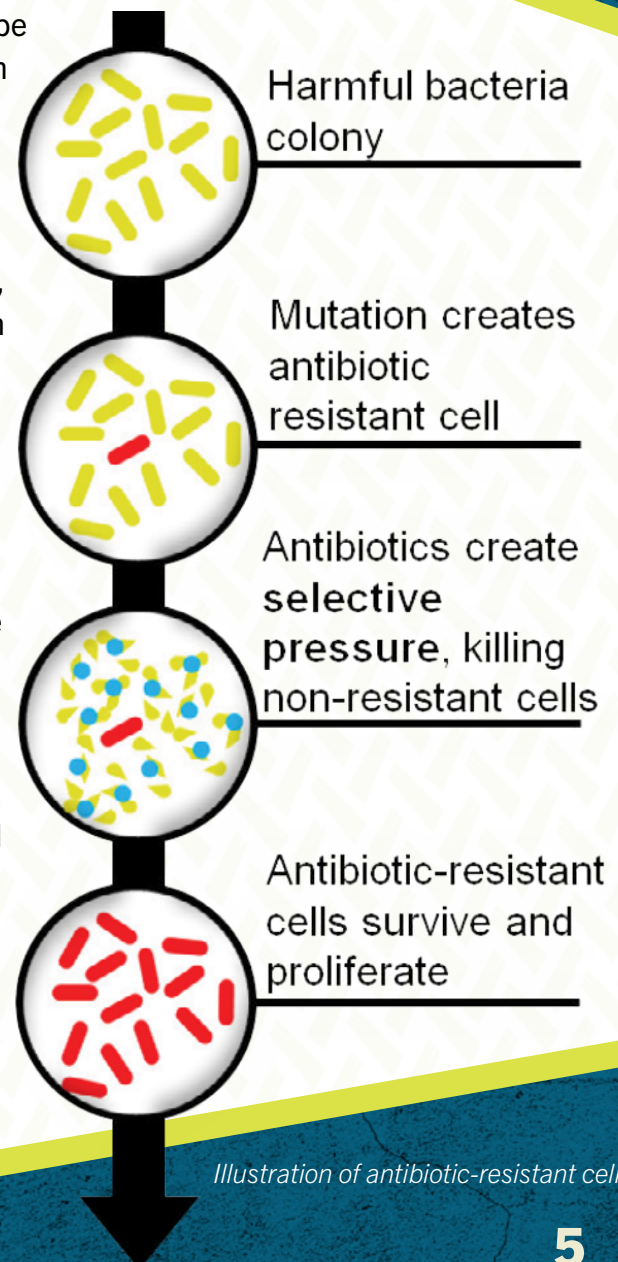


Illustration of antibiotic-resistant cells


# MIMI'S DILEMMA




I have been in the US for a little while now and am ready to begin exploring the country. However, I have one dilemma: getting a car. While I want the freedom to roam the roads to my heart's content, I realize that owning a car comes with many responsibilities. First, there's the challenge of buying a vehicle. Should I purchase a used car and risk it breaking down every other mile, or do I splurge on a shiny new car and potentially drain my savings? Plus, there's the added confusion of navigating the different auto insurance options. It's like trying to solve a puzzle while blindfolded and on a rollercoaster.

## What should I do?





I'm going to ask my friends, Nusha and Miguel, who own cars, about pros and cons of owning and operating a vehicle in the state of Florida.



I spent my first year in Florida (as an international student) without a car, and I can tell you this: It was not much fun!

**Nusha**

**Mimi**



# Nusha's Pros

From my perspective, the transportation system in Tampa is not very efficient. Many of my favorite places to visit were often located far apart. And during the brutally hot summer months, I quickly learned that walking was not an option. And this is a shame, because there are a lot of worthwhile attractions to see in the Sunshine State of Florida, including natural springs and parks, sandy beaches and fun theme parks.

Did I mention that the weather here is hot and humid, especially in the summer? This makes walking or waiting for public transportation extremely uncomfortable. Having a car with air conditioning makes your travels much more pleasant.

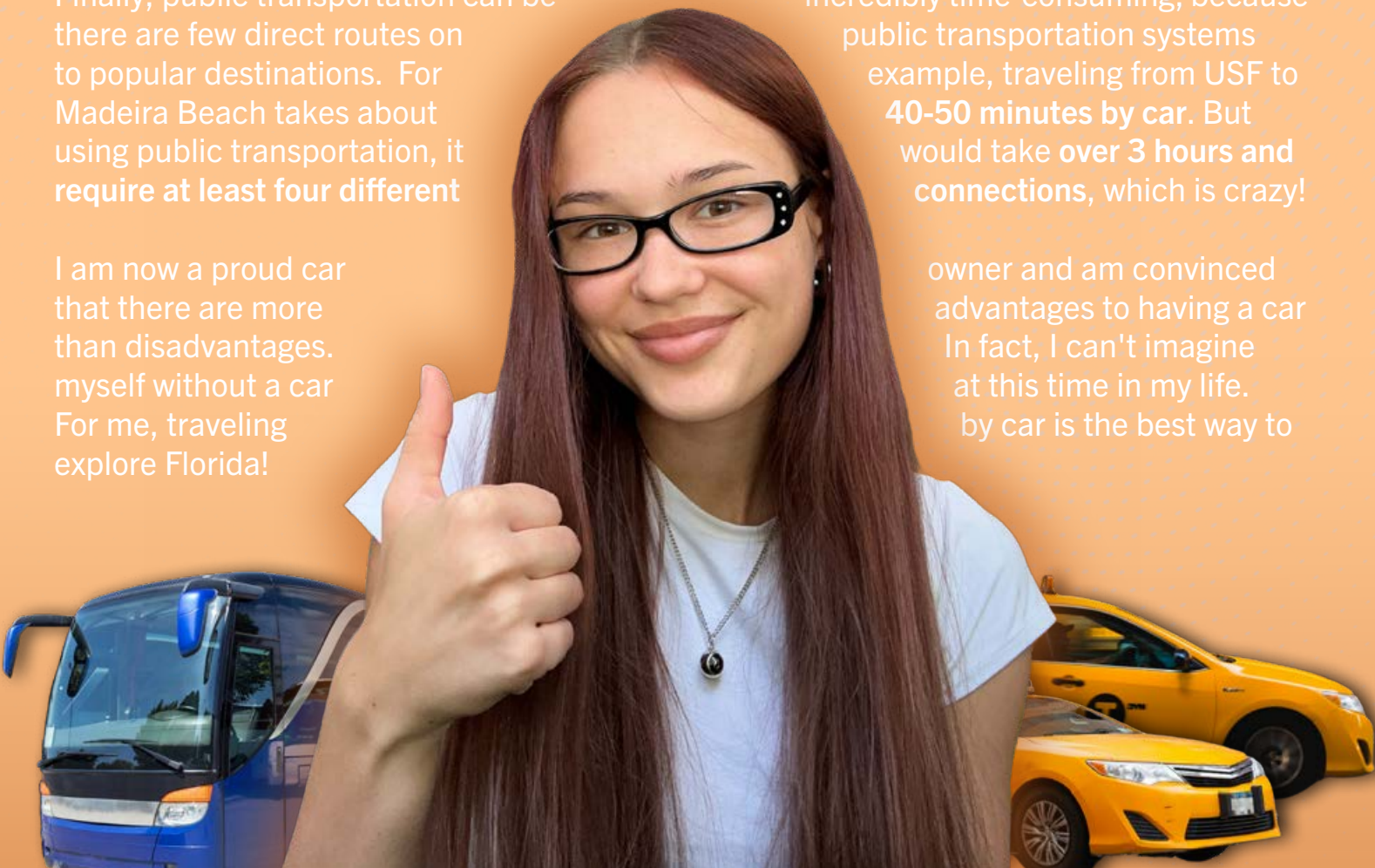
You should also think about the cost-effectiveness of having a car. If you prefer using taxis over public transportation, keep in mind that taxis in Florida aren't cheap. Frequent taxi rides can cost you anywhere from **\$100 to \$400** per month or more, depending on your destination and the time of day. While owning a car means you'll have to pay for gas, auto insurance, maintenance and other expenses, these costs seem reasonable, compared to the alternative. Plus, you won't have to worry about the safety concerns that come with taking taxis.

Finally, public transportation can be there are few direct routes on to popular destinations. For Madeira Beach takes about using public transportation, it require at least four different

incredibly time-consuming, because public transportation systems example, traveling from USF to **40-50 minutes by car**. But would take **over 3 hours and connections**, which is crazy!

I am now a proud car that there are more than disadvantages. myself without a car For me, traveling explore Florida!

owner and am convinced advantages to having a car In fact, I can't imagine at this time in my life. by car is the best way to





# Miguel's Cons

## The Costs of Owning and Maintaining a Vehicle

Hello, Mimi!

I've been thinking about your dilemma, and just wanted to share my opinions about why this might not be a good time for you to purchase a vehicle.

As an active full-time student with plenty of academic, personal and social obligations, I realize that having a car can be very convenient!

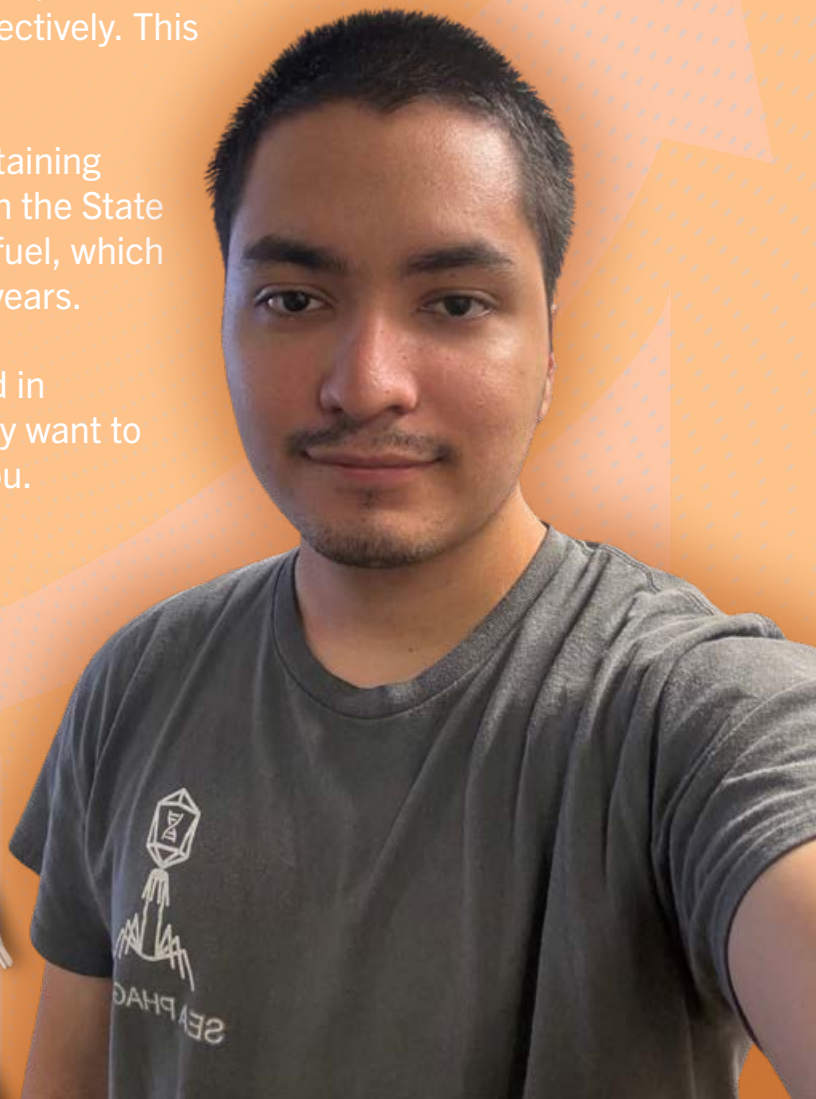
### But what about the financial costs of buying and maintaining a car?

Due to inflation, we have seen an increase in car costs. From January 2021 to January 2024, the price of new cars increased by **19.6%** and used cars have increased by **20.1%**. However, prices are not the only thing that have been rising. If you do not have enough money to buy the car outright, you may have to consider long-term leasing options, which include larger interest rates. From 2021 to 2024, interest rates reached minimums for **3.85%** and **7.5%**, respectively. This represents an added expense for students.

Also, don't forget about the expenses of maintaining auto insurance, which is a legal requirement in the State of Florida, and the costs of maintenance and fuel, which has also been quite expensive in the last few years.

At this moment, with all the expenses involved in purchasing and maintaining a vehicle, you may want to reconsider whether this is the right time for you.

Yours sincerely,  
Miguel Rendon.



# CONTACT INFO



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